

SLO Coaster

Promoting safe and legal bicycle riding for recreation and transportation

A Monthly Newsletter

June, 2011

Contact us

How to contact us and submit articles & pictures

Page 2

Wildflower Report

Page 3

Meeting Minutes

Last month's General meeting and Board of Directors minutes.

Pages 4 & 5

Ride Calendar

the latest on this month's rides

Pages 6 & 7

Ride Locations &

Ride Coordinator's Report

Page 8

Aerodynamic Helmet

meditations on cycling

Page 9

eSLOBC

SLOBC' goes electronic.

Page 10

Historian

A look into our past

LightHouse Jersey

Page 11

PenEar

Page 12

Bob Garing Award

Page 13

Advocates Report

&

Membership

Page 14

Logo Alternatives

Page 15

40th Anniversary

Back Page

President's Message

by Robert Fuller Davis

In 1997 I volunteered to work a Race Across America time station in southern California. I volunteered Catherine and Shaun, my daughter and grandson, to accompany me.

RAAM headquarters assigned us to Time Station 4 in Cima. Cima is in the Mojave desert between Kelso and Nipton. Irene and her husband live there. No one else does. Irene is the postmaster.

Irene gave us permission to set up our tent in the post office parking lot and we drove to Time Station 3 in Amboy to catch the action.

Seana Hogan and Danny Chew were first through Amboy. At that point they had ridden 205 miles in eleven hours since leaving Irvine. It was just getting dark and there was a feeling of close camaraderie to look ahead and behind along the highway and see lights winding slowly through the desert night.

Each rider had at

least one sag vehicle. Most were motor homes with several crew members aboard. During this early part of the race they had a lot of energy and a party atmosphere ran through the crews.

We drove back to Cima to await the racers and passed Rob Kish. I felt compelled to call out the window, "We love you, man." He gave us a startled look.

As the riders sped through Cima, Catherine and Shaun got their numbers and called their times to me. I recorded names and times on the race board and called the times in to RAAM HQ.

A carload of race officials stopped by to chat. Cindi Staiger

was upset with the "Italian rider." He refused to speak English and insisted on riding through red lights.

We broke for a couple of hours sleep after the last rider went through. Sleeping in Cima is an activity sport. Five major railroad lines converge here at the top of a grade. Freight trains bump and crash and brakes squeal all night long, while brakemen and engineers shout messages back and forth to one another.

Next morning after breakfast, we took off to do some business in Arizona and returned two days later to time the RAAM team riders.

Irene was not delighted to see us. She told us that the commotion Thursday night had been awful. She and her husband had not been able to sleep. The crews left her parking lot full of trash. She did not want us setting up there again so we pitched our tents across the highway. The RAAM team crews were a different story. Their ride log said that the time station was in the parking lot so that's where they set up.

(continued on page 2)



Boundary Peak

SLO Coaster

Editor: Tim Long

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. Subscriptions are not available to nonmembers.

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

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

Submittal Guidelines

All materials are due no later than 8:00 a.m. on the 15th of each month. Nothing will be accepted verbally. All materials should be emailed to **Tim Long at rockytim@wildblue.net**. Complete submittal guidelines are found on the club website. www.slobc.org/resources/support/newsletter-guidelines.html

SLOBC Meetings

Monthly Meetings

Board of Directors Meeting: Tuesday before the General Meeting (5:00 PM)

Location: Air Pollution Control District meeting room, 3433 Roberto Court (SLO). All Club members are welcome to attend Board meetings.

General Membership Meeting: First Thursday (7:00 PM)

Location: County Library, 995 Palm, downtown San Luis Obispo. Refreshments are served starting at 7:00 p.m., Meeting begins at 7:15 p.m.



President's Message cont. from Pg. 1

Catherine, Shaun and I recorded the time for each team as they rode by. First to come through were Kern Wheelmen, 262 miles in fifteen hours.

This was a more sedate group than the solo riders' crews. They came and they went and they did not stop to party. Catherine and Shaun finally wore out and went to bed. I sat under the quiet night with a glass of wine and watched lightning play around the edges of the horizon.

Way off I saw a flashing red light speeding down the highway toward us from Mountain Pass. A white car careened around the corner where the roads intersect and accelerated toward our camp. I vaguely wondered what *this* was about. The vehicle slid into our campsite and skidded to a stop.

It was federal officer Brian Willbond. He wanted to know what was going on.... Don't they always?

Officer Willbond was responding to a call for help from Irene. She had called emergency dispatch and said that she was holed up in her house surrounded by bikers.

When you call 911 in the Mojave desert after dark, you get a telephone answering machine in the deputy sheriff's home. When the deputy got the message and heard Irene's call for help, he called the National Park Service.

Officer Willbond drove hell bent for leather expecting to find a band of renegade motorcyclists having their way with Irene and maybe with her husband as well.

Disappointed, he quizzed me thoroughly about what was going on with these people on bicycles. Then he told me that we were guilty of *Failure to Procure a Permit to Use A Public Highway Within A National Desert*. He would just issue a warning for now, but those RAAM guys better get in touch with him pretty-darn-quick.

After Officer Willbond got tired of lecturing me on my lawless ways, he left. I went to bed and listened to the soothing sounds of thunder rumbling about the heavens.

Contact Information

San Luis Obispo Bicycle Club, Inc.
P.O. Box 1585
San Luis Obispo, CA 93406
Club Hotline Answering Machine:
805.543.5973

Website: www.slobc.org

Email: info@slobc.org

Board of Directors

President	Robert Fuller Davis	772.0874
Vice President	Tom Roberts	925.787.4414
Treasurer	Chris Broome	772.5900
Secretary	Craig Armstrong	619.7023
Ride Coordinator	Jeff Kahn	771.9671
Membership Director	Robert Lindquist	rlindquist1@mac.com
Advocate	Dale Sutliff	544.4034
Historian	Janie Goldenberg	544.4720
Newsletter Editor	Tim Long	rockytim@wildblue.net
Safety Director	Ken Price	489.9779
		kilopapaz@gmail.com
Director-at-Large	Sandra Pitt	489.0138
Past President	Frank Mullin	602.2058

Final 2011 Wildflower Ride Report

by Dave Abrecht and Tim Long,
Ride Co-chairs

Once again, we'd like to thank all of our members and volunteers who made this year's ride so successful. At a time when many clubs struggle to get enough capable volunteers to put on a ride, we have a huge cadre of committed and enthusiastic members who make our rides the best! Take a moment to read the laudatory e-mails following this report. They are talking about you!

Ride-day weather was near perfect; a cold, bright morning, a high temperature in the mid-70's and a brisk tailwind that pushed riders up Highway 41. We had only one serious crash. A 54 year old woman from the Fresno area lost control of her bike on a Highway 41 turn, fell, and broke her collarbone and three ribs. As you read this, she is home, recuperating and plans to ride again. Our food is always top-notch. This year, the peanut butter topped banana slices were right out of Bon Appetit!

Wildflower Ride clothing was also a hit with our riders. Will Benedict reports that we sold about 500 jerseys and 250 T-shirts. Clothing sales has become an important aspect of our rides and allows us to raise the funds that help support cycling advocacy organizations in SLO County.

You know the ride went well when the major topic at our post ride critique meeting was a discussion of the correct way to mix powdered Gatorade. Apparently, one of the large water jugs arrived at the clean-up location with a thick Gatorade "sludge" in the bottom of the jug. As a result, prior to the Lighthouse Ride, Ride Chair Larry Rutter will hold a special training session for all rest

stop volunteers in the correct way to mix powdered Gatorade.... (Just kidding.... maybe).

Gary Havas has agreed to chair the 2012 Wildflower Ride. We are confident that we will all step up to help Gary continue our well-earned reputation of holding the best bike rides in California.

Letters to info@slobc.org

Subject: Wildflower

Great event today. This was my first century. Your volunteer group did an outstanding job with food and rest stops as well as all the behind -the-scenes work that has to come together to make it all work. I'll see you at the Lighthouse.
David DeBorde

Thank you once again for a fabulous experience. I hadn't done the Wildflower in several years and I think this year was the best ever. Special thanks to the sag crew who replaced my back tire on the climb up 41 after lunch. They were so nice and I was able to really enjoy the rest of the ride. Great job by all. Thank you, thank you.

Nancy Carter and new rider, Jon Goldstein.

Also, thank you for waiting until the end of Passover. I could eat your yummy food.

Thanks for another wonderful ride, and for the gorgeous weather. As usual, everything was top notch! Best rides in California (except maybe the Death Ride when I'm in shape to do it).
See you soon
Bill Wolfson

I wanted to write and thank you for once again putting on a very good ride. As always the check-in was straight forward and simple. The first rest area (on 70-100 mile loop) was excellent.

*I was only able to experience the first rest area because at the 2nd long grade along the first portion of the 50 mile loop I turned around and went back to Creston. The reason was that my Asthma started acting up in the first 3 miles and at the point of me sacking the bats, I struggled on every hill because I could not breathe well. I will be back next year and will have a better ride.
Thank you again.
Mark Young*

Once again, great food and fun! Even saw some wild dandelions! So you have a date for 2012 so we can confirm with our motel? While you are at it, when will registration begin? Thank you for the great food as we ate through 50 miles of beautiful country.
Tom and Jeanne Pontac (age 75 and 65 2/3)
P.S. Would love the recipe for the broccoli salad. Already know that I can't have the baked bean recipe.

*Thank you for yet another wonderful ride-you are all AWESOME
Chris Waiton*

*Hi - Unfortunately, due to a family emergency, I was not able to ride today. If I give you my fedex account number, can you send my tee shirt to me? Thanks,Richard

*When no one claims your spot, we automatically send the merchandise. You should get it this week.
Frank

*wow, you guys run the best bike club I've ever been involved with. Thank you so much.
Richard

*Hello,
Just wanted to express my sincere thanks for this wonderful event. Its a satisfying mix of different types of terrain and scenery.
It seems the total elevation is somewhat less than 6600 feet but who's counting.*

*Thank you very much,
Gerald Roskilly*

Minutes of the San Luis Obispo Bicycle Club General Meeting

San Luis Obispo Library Community Room

995 Palm Street, San Luis Obispo CA

Thursday, May 5, 2011 7:15 p.m.

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

Several clipboards were passed.

President Davis thanked Clem Michel for serving as greeter and Marti Roberts for standing in for Kathy Cohon. He also thanked Jeanne Hanyasz and Martin Howell, Kathleen McHugh, and Tom and Marti Roberts for providing refreshments.

The minutes of the April 7, 2011 meeting were approved.

President Davis reviewed four thank you letters for donations and scholarships made by SLOBC.

Chris Broome reported that the club's assets totaled \$165,540. Chris reminded members to submit Wildflower expenses for reimbursement and noted that a check had been sent to pay for the Kirk Zirion bike rack.

Jeff Kahn updated members on the Indulgence Ride and stated that the cost would be \$35. Sandy Pitt reminded everyone about the Arroyo Grande Centennial Ride scheduled for June 25th.

Doug Beckett invited club members to participate in the 3rd Annual Tour of Paso benefiting the Wellness Community cancer survivor support group and offered to match SLOBC member pledges for the cancer ride up to \$10,000.

Michael Alamo noted that there are two more Tour of California Stage 5 events in Paso Robles that members can participate in.

President Davis reminded members about the Bike Scavenger Hunt scheduled for May 7 at Lila Keiser Park and the Mothers Day Ride on the Bob Jones bike trail to Avila.

Dale Sutliff noted that there was a write up in *the Cue Sheet* newsletter published by the League of American Bicyclists regarding SLOBC. He reminded members that May is Bike Month and issued coupons to attendees to motivate them to participate in the scheduled events.

Janie Goldenberg noted that there were two articles regarding the Wildflower in local newspapers.

Will Benedict displayed a sample of the 40th anniversary club jersey and illustrations of the jersey and T-shirt for the upcoming Lighthouse Century. He also described the process whereby members will be given the opportunity to vote to retain the existing logo or to replace it with one of four proposed new logos.

Frank Mullin advised that nominations are being accepted for next year's board positions and urged members to consider applying for a board position. He apologized for difficulties members may have had in accessing the new membership web site and advised anyone still having problems to contact him for assistance.

Tim Long requested that any outstanding Wildflower captain folders and reports be turned in as soon as possible.

Ernest Cole noted that there is a need for volunteers for the Lighthouse Century in September.

Kelsie Greer reminded members regarding upcoming Bike Month events and thanked SLOBC for its support.

Dan Rivoire gave a presentation regarding the SLO Bike Coalition's participation in the National Bike Summit in Washington DC and noted that the attendees made presentations to various members of Congress to support continued funding for cycling related projects

The meeting adjourned at approximately 8:55 PM.

Minutes of the San Luis Obispo Bicycle Club Board Meeting

Air Pollution Control District Auditorium

3433 Roberto Court, San Luis Obispo CA

Tuesday, May 3, 2011 5 p.m.

submitted by Craig Armstrong

Board members present: Robert Fuller Davis, Craig Armstrong, Chris Broome, Frank Mullin, Jeff Kahn, Bob Lindquist, Dale Sutliff, Janie Goldenberg, Tim Long, Ken Price and Sandy Pitt. A quorum being present, the meeting was convened.

No conflicts of interest were reported.

Dave Abrecht, Will Benedict, and Rachel Duchak were present as guests.

Dave Abrecht proposed that the club consider participating in the Adopt a Highway program. The Board discussed the club's past involvement in a similar program as well as the resource requirements that a new commitment would entail. It was agreed that Dave and Ken Price would do further research as to what was involved in both state and county Adopt a Highway programs and present a proposal at the June potluck.

Rachel Duchak presented a proposal for the club to contribute \$2,000 to support field research to develop content for her website that would feature lodging and restaurant recommendations for cyclists touring the central coast.

The minutes of the April 5, 2011 meeting were approved (msc: Mullin/Pitt).

President Davis reviewed thank you letters received from several organizations and one individual that had received donations or scholarships from the club

Chris Broome reported that the club's assets totaled \$165,540 as of April 30. Some Wildflower receipts and expenses are not reflected in that amount and those will be included in the May financial statements. Chris also noted that he had revised the chart of accounts to make financial reporting easier and that the information for preparation of the 2010 year end tax reports had been sent to the club's accountants.

Dale Sutliff reviewed the work being done by the Bike Coalition on materials to educate the public regarding sharrows, the bike box and other cycling related issues. The Coalition is developing six mini posters covering different themes that will be issued and distributed over several months.

President Davis asked about the post-mortem review on the Wildflower and Dave Abrecht indicated that the only item of note was residue resulting from incorrect mixing of Gatorade. Frank Mullin advised that the number of volunteers for Friday

night and the brunch exceeded the number of available positions; the extra volunteers were assigned to their second choices.

A \$1,000 scholarship donation to the Lioness Club of Cayucos to fund a scholarship to a graduate of a area high school was approved (msc:Sutliff/Goldenberg).

The board agreed that since the funding request from Rachel Duchak was to support a private venture, the request could not be considered. The board also agreed that presentations regarding requests for funds should be subject to a strict time limit.

Tim Long advised that some members were concerned that personal contact information was being published in the newsletter and was therefore available to third parties. Tim agreed to draft a policy regarding the publication of such information for review by the board.

Frank Mullin suggested that the current board composition and roles be reviewed to determine if the current organizational structure is still appropriate. Following discussion, it was agreed that a committee comprised of Frank, Tim Long, and Bruce Collier would review the current board structure and report back to the board in July.

After Will Benedict reviewed the 2011 Lighthouse jersey, there was a discussion as to what options should be presented at the June potluck with respect to a possible change in the club logo. After discussion, the board agreed that the membership vote on the proposed change would be included on the ballot for 2012 board members (msc:Goldenberg/Kahn). After extensive discussion, the board agreed that the ballot would include the current logo and one of four new logo designs submitted by Will (msc:Mullin/Kahn). The four new logo designs will be voted on at the June potluck, and the design that garners the most votes will be included on the aforementioned ballot.

Chris Broome advised that the club had received sufficient contributions to fully fund the Kirk Ziron bike rack.

Bob Lindquist presented an analysis indicating that by reducing the number of newsletters mailed, the club could not take advantage of bulk mailing rates. As a result, the cost to the club for printing and mailing copies of the newsletter would increase \$36 a month. The board agreed to continue mailing sufficient copies to qualify for the lower bulk mail rate (msc:Kahn/Price).

President Davis indicated that he would represent SLOBC at the June 9 graduation ceremony at Shandon High School.

The meeting adjourned at approximately 7:10 p.m..

Ride Details

Current Ride Information

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

Submitting Ride Information

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

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

Safe Riding

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

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

Fixed Rides (Rain Cancels)

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

Gazebo (AG). This casual ride departs from Andreini's Coffee House. The length is about 35 miles. If you are riding from SLO, contact me (frankmullin@charter.net) to see if we can join up. Two popular destinations are Poly Village (SLO) and the Trilogy (Nipomo). Led by Frank Mullin (518-9003).

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

Show & Go from Nazarene Church (BP). Casual pace to coffee shop in Cayucos with possibility of doing an additional creek based on mutual agreement. Contact person: Jack Robison 772-7748.

Monday (8:00 AM) - Atascadero Breakers (D-3).

Atascadero Zoo. Distance about 55 miles. Destinations: Cambria, Parkfield, San Miguel, Paso Robles, Templeton, Creston, Atascadero for the mid-ride coffee stop. Route sheets / maps distributed via email prior to each ride, none available at the ride start. (See email group page for instructions on joining email groups.) Led by Kevin Matherly (matherlykevin@hotmail.com).

Monday (8:00 AM) - Atascadero Ramblers (C-4).

Atascadero Zoo. Distance: about 45 miles. Destinations: Santa Margarita, Atascadero and Templeton for the mid-ride coffee stop. Route sheets / maps distributed via email prior to each ride, none available at the ride start. (See email group page for instructions on joining email groups.) Led by Mike Duffy (meahal@sbcglobal.net).

Monday (8:00 AM) - Atascadero Scramblers (B-3).

Atascadero Zoo. Distance: about 35 miles. Destinations: Santa Margarita, Atascadero and Templeton for the mid-ride coffee stop. Route sheets / maps distributed via email prior to each ride, none available at the ride start. (See email group page for instructions on joining email groups.) Led by Glenn & Gail Vanderlinde (ggvanderlinde@yahoo.com).

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

Damon Garcia Sports Field. Led by Russ Robinson (781-0903).

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

Ben's House (SLO). Ride supports one riding group (pace, 12-14 MPH) to various destinations. Be on time because the rides leave at the scheduled time. Led by Ben Patrick (543-2803).

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

Show & Go from Nazarene Church (BP). Group decides on a coffee shop destination in San Luis Obispo or Avila Beach by mutual agreement. Ride normally breaks into a faster and slower group. Contact person: Marina Michel 528-1732.

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

Gazebo (AG). Choose between a fast 20+ mph or a slower 16 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." Led by John Sasaki (474-1417).

Wednesday (8:00 AM) - Templeton Breakers (D-3).

Templeton Park. Distance: 45 miles. Destinations: Templeton, Creston, Paso Robles and San Miguel for the mid-ride coffee stop. Route sheets / maps distributed via email prior to each ride, none available at the ride start. (See email group page for instructions on joining email groups.) Led by George DiMundo (gdimundo47@yahoo.com).

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

Templeton Park. Distance: 45 miles. Destinations: Templeton, Creston, Paso Robles and San Miguel for the mid-ride coffee stop. See Monday's listing for more info. Led by Mike Duffy (meahal@sbcglobal.net).

Wednesday (8:00 AM) - Templeton Scramblers (B-2).

Templeton Park. Distance: about 35 miles. Destinations: Santa Margarita, Atascadero and Templeton for the mid-ride coffee stop. Route sheets / maps distributed via email prior to each ride, none available at the ride start. (See email group page for instructions on joining email groups.) Led by Patti & Bill VanOrden (pvanorden@charter.net).

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

Show & Go from Nazarene Church (BP). Casual pace to coffee shop in Cayucos with possibility of doing an additional creek based on mutual agreement. Contact person: Jerry Lundstrom 528-1069.

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

Bandstand (AG). Led by Larry Bradford (474-8764).

Friday (8:00 AM) - Paso Robles Breakers (D-3).

Marriot Courtyard Hotel. Distance: 55 miles. Destinations: Cambria, Parkfield, San Miguel, Paso Robles, Templeton, Creston, Atascadero for the mid-ride coffee stop. Route sheets / maps distributed via email prior to each ride, none available at the ride start. (See email group page for instructions on joining email groups.) Led by Bill McBride (bandjmcbride@verizon.net).

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

Marriot Courtyard Hotel. Distance: 45 miles. Destinations: Templeton, Creston, Paso Robles and San Miguel for the mid-ride coffee stop. See Monday's listing for more info. Led by Mike Duffy (meahal@sbcglobal.net).

Friday (8:00 AM) - Paso Robles Scramblers (B-2).

Marriot Courtyard Hotel. Distance: about 35 miles. Destinations: Santa Margarita, Atascadero and Templeton for the mid-ride coffee stop. Route sheets / maps distributed via email prior to each ride, none available at the ride start. (See email group page for instructions on joining email groups.) Led by Monica Robinson (mrobi52@gmail.com).

Friday (9:00 AM) - Yellowjackets

SLO Rides (B-2).

Ben's House (SLO). Ride supports one riding group (pace, 12-14 MPH) to various destinations. Be on time because the rides leave at the scheduled time. Led by Ben Patrick (543-2803).

Saturday (8:00 AM) - Slabtown

Rollers (C-4).

Sotheby's Realty (Cambria). Variable itinerary, call for details. Led by Tom Parsons (927-5514).

Saturday (9:00 AM) - SLO Velo (C-3).

The rides are designed for the intermediate rider who is comfortable riding a 15+ mph pace on 40 - 55 mile routes. The starting location on the first Saturday of each month will be variable. More information at web page.

Saturday (8:00 AM) - Wanderers (B-3).

Variable. This is a sub ride of the Ramblers and Scramblers. Pace will be moderate and distance 30 to 40 miles. Start times will be the same as other rides. The starting location will vary from week to week. The routes will be primarily outside of the north county area and different than the routes normally ridden by Ramblers and Scramblers. The terrain will be varied. As we are always looking for new routes, we are eager for your suggestions! Contact the ride leader to find out the starting location. Led by John Kaiser (johnncarol@sbcglobal.net).

Variable Rides (Rain Cancels)

Be sure to check our website (www.slobc.org) for late changes to these rides

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

These rides are tailored for people wanting faster paced rides with some pace line riding.

1 Santa Margarita Park. Led by Russ Robinson (781-0903).

8 French Park (SLO). Led by Steve Vines (202-8114).

15 Bob Jones Trail Head. Led by Bill Buckalew (543-9940).

22 State Park Marina (MB). Led by Russ Robinson (781-0903).

29 French Park (SLO). Led by Bill Goodger (782-9197).

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

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

1 Lila Keiser Park (MB). Led by Willi Zilkey (542-0638).

8 Santa Margarita Park. Led by Jay Johnson (627-1511).

15 Bandstand (AG). Led by Wayne Trost (481-5339).

22 Bandstand (AG). Led by Mike Balster (474-4251).

29 French Park (SLO). Led by Mark Lyon (929-5998).

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

These rides are tailored for riders wanting to travel no more than 12 miles per hour.

1 Throop Park (SLO). Ride to Avila Valley, about 25 miles. Coffee at Woodstone Deli. Led by Bob Lindquist (441-7063).

8 French Park (SLO). Ride #23, Price Canyon, Pismo Beach with return via Ontario and Tank Farm Roads. Led by Bruce Collier (543-9514).

15 Bandstand (AG). Ride through vineyards, canyons and ag land, 20-22

miles. Coffee at the Station Grill (GB). Led by Peggy Coon (904-6050).

22 Templeton Park. Led by Genie Seagrave-Smith (434-0514).

29 Cloisters Park. Ride South Bay, Turri, LOVR. Coffee in Baywood. Then return. Led by Val Barboza (772-7168).

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

This group is intended for people that just want to get out for a short, easy, slow ride. We will ride about 10 to 15 miles and average 10 miles per hour. We will also try to minimize hill climbing. A coffee stop is included.

3 Santa Margarita Park. Ride around the Santa Margarita area (not a repeat of the ride to the Lake). Led by Becky Robertson (438-3874).

10 Bandstand (AG). Ride to Nipomo (or somewhere else!). Led by Bob Young (489-4755).

17 Old Edna. Ride in the Edna Valley. Led by Gini Stedman (473-8287).

24 New Frontiers (SLO). Park between TJ Max and Home Depot (next to the open field). Ride to and around Cal Poly. No host lunch at New Frontier afterward. Led by Stu & Janie Goldenberg (544-4720).

Saturday, June 4 - Wandering with Will (B-3).

Ride into the countryside averaging about 12 mph. We will often do favorite rides from our web site. No one lost from view or left behind. Lunch after for those who want to join in. When: First Saturday (Saturday after the club meeting) of each month (Rain Cancels) Contact Will Benedict (544-3504) for more information. Hearst State Park. Ride to Gorda and back - about 54 miles with 3,850 feet of climbing.

Pace	Description	Terrain	Description
AA Very Slow	Less than 10 mph. Regroups often. Waits for slowest rider.	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 minutes. Waits for slower riders. (Frequent	3	Rolling Hills (North County Hills - Peachy Cyn)
C Brisk	14 to 17 mph average. Regroups every 30-45 minutes. 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

Directions to Starting Locations

Atascadero Zoo

Take 101 north from San Luis Obispo to Atascadero, take the Santa Rosa exit (218A), turn left on to Santa Rosa Rd for 1.4 miles, turn right on Highway 41, continue 0.2 miles to zoo on right.

Bandstand (AG)

Take 101 to Grand exit in Arroyo Grande. Turn east 0.2 miles to Traffic Way, right 0.2 miles to Nelson St, left 0.1 miles to Short Street. Park on street.

Ben's House (SLO)

Take 101 to Los Osos Valley Road. Go east 0.5 mile to Higuera, left 0.4 mile to Tank Farm Rd, right 1.9 miles to Poinsettia St, right 0.1 mile to Alyssum Court, left one house -- Ben's house is first on left.

Bob Jones Trail Head

Take 101 toward the five cities. Exit at San Luis Bay drive. Go left on Ontario for 0.8 miles. Park in the lot on your left.

Cloisters Park

Exit 101 onto Highway 1 in SLO, continue west 12.5 miles to a left on San Jacinto Street and then a left on Coral Ave. Continue 1/4 miles into the park.

Damon Garcia Sports Field

Take 101 to Los Osos Valley Road exit, east 0.4 miles to Higuera, left 0.2 miles to Tank Farm, right 1.5 miles to Broad, left 0.2 miles to the park on the left (across from Industrial Way).

French Park (SLO)

Take 101 to Los Osos Valley Road. East 0.5 mile to Higuera, left 0.4 mile to Tank Farm Rd, right 1.9 miles to Poinsettia St, right 0.4 miles to Fuller, left 0.1 mile to park (on the left).

Gazebo (AG)

Take 101 to Grand exit in Arroyo Grande. Go east (becomes Branch St) to Bridge Street. Turn right past Ira's Bike Shop and left into parking lot. Gazebo is halfway through lot on your right.

Hearst State Park

Exit 101 to Highway 1 west bound in SLO, continue 41.5 miles through Morro Bay, Cambria and San Simeon to park on the left.

Lila Keiser Park (MB)

Go north/west on highway 1 from 101 to Morro Bay. Take highway 41 off ramp and turn left. Go 0.1 mile and turn left into the park.

Marriot Courtyard Hotel

Take 101 (north or south) to the Spring St. exit, turn east onto 1st St, then south (left) onto So. Vine St. Entrance to the hotel parking lot is on your left; park along So. Vine St.

Nazarene Church (BP)

Corner of Santa Ysabel and South Bay Blvd in Los Osos. From 101, take Los Osos Valley Rd exit. Travel west for 9 miles to South Bay Blvd. Travel right about 1 mile to light, church is on your right.

New Frontiers (SLO)

Exit 101 at Highway 1 in SLO, go NW 0.4 miles to Foothill Blvd, left, then right into parking lot.

Old Edna

From the north, take 101 to Marsh exit in SLO, turn onto March St for 0.4 miles, right 5.4 miles on Broad (Edna) Street, right on street just south of Old Edna for street parking. From south, take 101 to Price exit, continue 0.1 mile on Price Street, right 4.8 miles on Hinds Street (Price Canyon Road), left 0.2 miles on Edna Rd, left into onto to street before Old Edna for street parking.

Santa Margarita Park

Take 101 to highway 58 off ramp into Santa Margarita. Follow highway 58 through town and stay on it when it turns to the right. After crossing the tracks, you will find the park to your right.

Sotheby's Realty (Cambria)

Take 101 to Highway 1 west, continue 34 miles to Cambria Rd, then turn left onto Main St. Continue 0.4 miles to Sotheby's Realty on the right (east of Main).

State Park Marina (MB)

Take 101 to Highway 1. Go west 12 miles to the Los Osos/Baywood Park exit. Left to 0.3 miles to State Park Rd. Right 1.7 miles to marina parking area on the left.

Templeton Park

Take 101 to the Vineyard exit in Templeton. Turn east for 0.2 miles to Old Country Road, turn left for 0.4 miles to 6th Street. Park is on your right.

Throop Park (SLO)

Take 101 to Highway 1. Go west 0.8 miles to Foothill Blvd, left 0.3 miles to Ferrini Rd, right 0.1 mile to Cerro Romauldo Ave, left 0.1 mile to park on right.

Ride Coordinator's Report

by Jeff Kahn

The date for the Indulgence Ride for 2011 is set for October 22, 2011. Note the date on your calendar and plan to participate! Please email me if you wish to be added to the list. The ride is limited, so get your reservation in early and confirm it with your check.

More information about the Indulgence Ride for 2011 is available on our website under "News and Events", "Special Events".

Out-of -Area Rides

One of my goals as ride coordinator is to encourage people to venture out to other parts of the state once a month for a ride with other

SLOBC members. I will also list interesting rides that may be a little closer that you may wish to ride in. In an effort to facilitate this, I have prepared a list of rides that you may like to join.

If you are going to attend an organized ride outside of SLO County, please share it with me so I can post it and encourage participation. I would also hope to see everyone wearing either our new 40th Anniversary Jersey or a Club Jersey at "away events" to make us easy to identify as a group.

(ride Coordinator's report continued on page 9)

Ride Coordinator's report cont. from Pg. 8

Out-of-area and non-club Local Rides Calendar

Arroyo Grande Centennial Ride, June 25, 2011

Visit: www.arroyograndecentennial.org/bike Ride_main.shtml for details. And check out the very cool western motif jerseys!



Central Coast Century, Ride for ALS, July 9, 2011

Avila Beach, more info to come.

The Aerodynamic Helmet

By Stu Goldenberg

Janie and I had been on the East Coast with our tandem. We had an enjoyable tour which included the Shenandoah Valley, parts of North Carolina, Georgia, and Florida. We had flown to the East Coast and were returning home by airplane. We were on the last leg of our trip which is the puddle jumper between Los Angeles and San Luis Obispo. Just prior to landing, the flight attendant got on the public address system to make an announcement of great concern. It was something about large pieces of luggage and not all the luggage was able to fit. We were quite happy that we were not wearing our cycling clothing at that moment, but still felt like hiding under our seats.

To add to our guilt, all of our stuff arrived, which would be our tandem bicycle (it fits in a standard airplane bicycle box), our trailer, and our luggage. We quietly gathered up our stuff at the terminal and tip toed out, hoping not to be noticed. I am sure we were, but nothing was said.

Windmill Century, July 16, 2011

Pioneer Park, Santa Maria, CA

Visit: www.tailwindsofsantamariabc.org for the flyer and details.

Tour of Napa Valley, August 22, 2011

Visit: www.eaglecyclingclub.org/tour.html for details when updated.

Las Vegas Century, October 15, 2011

Visit: www.rtcsv.com/vivabikevegas/index.cfm for details.

SLOBC Indulgence Ride, October 22, 2011

Visit our website <http://www.slobc.org/news/special-events.html> for more detailed information.

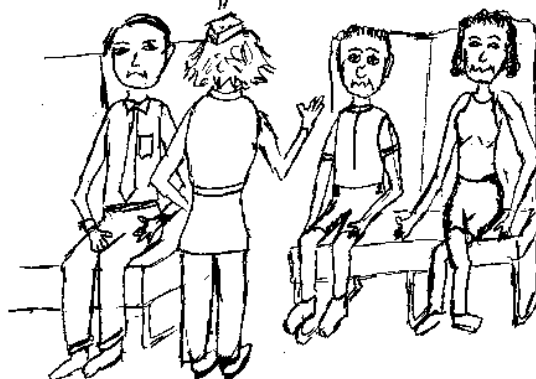
Indulgence Ride, October 22, 2011.

The Aerodynamic Helmet

by Stu Goldenberg



Because of a couple of large boxes we didn't have enough room for everyone's luggage.



SLOBC: the eVersion

by Frank Mullin

In the last decade, our club has evolved into a being much more "electronic" organization. Back in 2000 we did little communication via email. Our ride registration, publications, and communications were almost all paper based.

First we began to migrate our registration from paper to electronic. We moved to online registration but still handled payments by check. Then we moved to doing the payment electronically and transferred our registration process to active.com. It used to take weeks to complete our registration (and we still had some registration on the day of the ride) and the whole process was very labor intensive. Now our registration is done in hours.

Next we moved most of our communications to electronic. We have set up email groups that our members can use to facilitate that communication.

In the last couple of years we have moved more and more of our functions to electronic versions of things. Two-thirds of our members now receive the newsletter electronically, and about 90 percent of new members make that election.

One of the nice side benefits of this evolution is that the club's cost of supporting members has moved more into alignment with what we charge for membership. We used to spend about \$24 each year on members (who had only paid an average of about \$13). Now our costs have dropped to about \$12.

We are now ready for the next step in this evolving pattern – handling all of our club administration processes from paper forms and checks to electronic forms and payments. Starting at the end of April, people began to be able to log into a new "Members Only" area at our website. There you can:

- Review and maintain your personal information (address, phone numbers, email addresses, family members, etc.).
- Pay to extend your membership electronically (using PayPal)
- Volunteer for our annual club events (Wildflower and Lighthouse), make your brunch choices and pick your pre-ride route.
- Buy our merchandise at club discount prices and again pay through PayPal
- Vote in our annual elections

- Access our directory and always get current information on members (there is even a special interface that can be used by people with smart phones)

You can visit our Private Member Area at www.slobc.net/membership. When you arrive you'll be asked to log in (this is a private area so it must be password protected). You don't know your username and password? That's okay because you will be able to request that they be sent to you once you arrive at the site.

So we encourage you to visit the site. Once there, review and revise your personal information to bring it up to date. If you add your cell-phone number, then it can facilitate others contacting you when riding together.

Starting with the Lighthouse, all volunteer activity will be handled there, too.

Electronic Payments. In order to reap the greatest benefit, it is our goal that our members make full use of the electronic payment options we provide (initially through PayPal). This will save lots of volunteer hours on the part of both the Membership Coordinator and our Treasurer.

I do most of my shopping electronically (e.g., Amazon.com) and I'm comfortable using my credit cards there. But when I make smaller transactions at some online store (e.g., to buy a trike part from Utah Trike), I prefer paying by PayPal. That way I don't have to give yet another store my credit card number. Now my PayPal payments are all "cash" rather than "credit". I've set up a small account at PayPal that is linked to my checking account. Periodically I transfer funds into the PayPal account so that I keep its balance around \$200. (Other people register one of their credit cards at PayPal and use that as the source of their funds.) Then I can use my PayPal account to quickly and efficiently make payments to merchants. When I select the "pay" button at the merchant's site, I am taken to the PayPal site where I enter my account ID (an email address) and password and then authorize the payment to the merchant. A while later I get an email from PayPal on the transaction.

Pedaling Through the Past

by Janie Goldenberg, Historian

The San Luis Obispo Bicycle Club Newsletter for June 1974 contained an "Activity Calendar". Here are the entries from 37 years ago. The SLOBC was 3 years old at this time. The Founder (Larry Souza) was also the Newsletter Editor.

June 9 Sunday	Montana de Oro Tour	About a 40 mile tour with an option of returning by way of Morro Bay for lunch in a cafe. Tour begins at 9 a.m. at the Mission Plaza. This tour is of medium difficulty with one mayor grade
June 16 Sunday		Fathers' Day Family Tour
June 23 Sunday	Huasna Option Tour	This tour is designed to accommodate two levels of ability. All cyclists will begin from Mission Plaza at 9 a.m. in one group. On lower Higuera, the two levels of difficulty will part company. The easy 30 miler will proceed to Pismo and Arroyo Grande via Hwy. 101 frontage road and Hwy. 1 to Roger Davis' home for refreshments at 11 a.m. The medium difficulty tour will turn left at Buckley and proceed to the Huasna area (what's a Huasna?) by way of Biddle and Orcutt Rd. By maintaining a 15 m.p.h. pace, they will arrive at Roger's by 11 a.m. also. The easy 30 mile tour will be a very leisurely affair with several stops at interesting points. Both groups will return together.

2011 Lighthouse Jersey

Six concepts for the 2011 Lighthouse Jersey were presented at the Wildflower Volunteer brunch.

By a vote of the members present, this design was chosen for the 2011 Lighthouse.



Back

PenEar

by Mike Balster

Tom and Marti Roberts are very active in the bike club and are seen frequently out and about on their bikes. Marti was born in Pennsylvania and was a self described, navy brat. Marti's family was eventually transferred to Castro Valley where she grew up. After college Marti started her career as a Safeway front end manager, you will have to ask her exactly what this entailed. Later in her career, Marti wanted a change of pace so she accepted a job as a UPS Driver/Delivery person. I am sure that Marti has some interesting stories about her experiences.

Marti is a member of the Central Coast Vegetarian Club. Marti says that two of her four sister think they served something at a family dinner that made her become a vegetarian.. She is also a member of the Farm Sanctuary near Chico where abused farm animals are cared for and treated humanly. She also has her Licensed Cycling Instructor certification, obtained through the SLO bicycle coalition.

Marti began cycling two years ago and attributes her start in cycling to Stu and Janie Goldenberg. She met them while they were staffing a booth at the SLO farmers market and they convinced her that cycling should become part of her life. She began with doubts about her cycling ability but received plenty of direction and encouragement from the tortoises. Marti is on her third bike now. Cycling has become her passion, and she currently has her eyes on a new titanium bike. She has led several club rides, volunteered at lunch stops for both the Wildflower and the Lighthouse rides. Marti did her first 50-mile ride during the Wildflower pre-ride and has her sights set on her first century ride. Her favorite rides are the indulgence ride and the Avila Pier via any route.

Marti has six children including one set of triplets. She likes making jewelry using Swarovski crystals, sewing, knitting, landscaping, and remodeling. Marti is willing to tackle any remodeling job and sometimes enlists Tom's help. Marti has two unusual accomplishments; first she learned shorthand in school and has remained proficient; second, while in school, her sister taught her how to twirl a baton and Marti won a position as head majorette at her school.

Marti's travel plans include bicycling in Provence and her greatest qualities are her ability to listen and her optimistic attitude.

Tom was born and grew up in the bay area. He graduated from UC Davis with a chemistry degree and went to work for a chemical company. He was transferred to Arkansas and the plant later closed. Tom moved back



to the bay area and worked for the Sherwin-Williams paint company. He was a manufacturing supervisor there for 20 years. When that plant closed he opted not to relocate to the new plant in Fernley, NV and retired instead. It was strange that Tom took the job with the paint company because he hates to paint.

Tom's first biking award came in the 5th grade. He missed first place because of a technicality, missing a reflector on his bike. He won a math scholarship out of high school and narrowly missed a science scholarship. Tom likes taking things apart to see how they work. He frequently did this with his toys and once he learned how they worked his interest ebbed. His father strongly encouraged him to put the toys back into working order after disassembling them. Tom did this but lost interest in the toys shortly after their secrets had been revealed.

Tom began riding in 1994 in the bay area with the Diablo Cyclists. He rode Mt. Diablo to the 2200 ft. mark about 20 times per year. He has ridden 30 century rides and the Death Ride three times. While he has done all five passes, not all were done on race day but 94 hilly miles isn't bad. His favorite ride is the ascent up Haleakala, HI. While he says it isn't as hard as it looks, some will say it is, even in a car.

Tom and Marti married in October 2003 in beautiful Maui. They moved to the Central Coast the day after Christmas in 2008. They like visiting Yosemite and would like to visit the Grand Canyon again. Tom is still handy around the house, fixing things, doing plumbing, carpentry, and electrical work. But he still doesn't do painting; luckily Marti does.

contact Mike Balster at mbalster@aol.com

or 805.474.4251



SLOB Bob Garing Service Award

Prior recipients of the SLOB Garing Award gathered together to decide if anyone in the club was deserving of being honored this year for their many years of service to the SLOB and the bicycling community. There is no mandate to present anyone with this award, which elevates the meaning of receiving the award.

Bicycle advocacy, service to the interests of bicycling, and a commitment to the protection of our environment is what best characterizes Dale and Sharon Sutliff, this year's recipients of the SLOB Bob Garing Service Award.

Club Service. After joining the club in 1991, their participation in club activities grew slowly. Initially they participated in club rides (including the Wildflower and Lighthouse), and then they began to lead some of our rides. In 2003, Sharon took over the duties of ride scheduler for the SLO Pokes, wrestling the members of that ornery group into volunteering for the weekly rides! The Sutliffs also became active volunteers at our two annual events, eventually becoming captains of recycling and signs. Their next step was to add their contributions to the club's board, with Sharon becoming Vice-President and Dale, the club Advocate. During this time Dale put together and marshaled through a survey of club members on ways to improve our club.

Bicycle Advocacy. As founding members of the San Luis Obispo Bicycle Coalition, they have regularly and actively supported its goals. This includes their efforts to educate riders to follow safe riding habits. When Dale became the club's Advocate, he actively collaborated with the Coalition on helping communities with their Bicycle Plans and resolving other bicycling issues. Each year, he has also helped the SLOB put together its "Unmet Bicycling Needs", and then worked with the county and Council of Governments throughout the year to actually follow through to get improvements implemented. One notable success is with getting the long neglected Vine Street in Paso Robles repaved. They also assisted in promoting the Coalition's Bike Month activities.

Environmental Protection. Perhaps the greatest passion of the Sutliffs is to promote better care of our environment. Sharon is a volunteer at Pacific Wildlife Care. She has also advocated for the environment by writing essays on nature and outdoor pursuits including, of course, bicycling. Dale has provided both photo illustration and editorial advice to many of these articles. At the same time, as recycle captains, Dale and Sharon have instituted a program of comprehensive recycling at each of the club's major rides. For two years, the accumulated vegetable waste was hauled to Cal Poly for recycling – until the facility closed. They hope to begin composting bike ride waste again soon. They continue to contribute and volunteer for environmental causes beyond the SLOB.

Advocate's Report

Effective Signage Validates Bike Routes

By Dale Sutliff

It is one thing to have designated bike routes and yet another to have adequate and effective signing along them – both post and pavement signs. They are equally important.

In the Jan-Feb 2011 edition of *American Bicyclist*, p.45, “Maps, Guides & Signage” it was pointed out that all of these components of bicycling communication are good but, most particularly, “Maps, guides and signs show them the way but signs also let bicyclists feel justified to be on the city’s streets. Signage validates their route.” (My underline.)

The city of Seattle, WA has been developing an effective bicycle signage program for a number of years. Check it out at <http://www.seattle.gov/transportation/bikemaster.htm> and click on Appendix G: Bicycle Route Signage and Wayfinding Protocol. The city of Portland, OR, likewise, uses an extensive signage program to complement its bike routes. These cities, along with several others, now use Wayfinding signs to guide cyclists around efficiently.

San Luis Obispo County has been installing additional bike signs in unincorporated areas for Class III bike routes (no shoulder, or bike lane provided), in addition to signs for Class II routes (with bike lane) as a result of the County’s 2010 Bike Plan. These are Share The Road and Bike Route and Bike Lane signs. It was determined in the planning and analysis for the Bike Plan that signing was inadequate. To date, SLO County Public Works has installed 130 new Bike Route signs and 71 new Share The Road Signs. Cities within San Luis Obispo County have bike sign programs. However, most signage is not sufficient to fully delineate all the bike routes identified in their Bike Plans. More work needs to be done.



Seattle example

Hopefully, all agencies in SLO County will follow the Seattle, Portland, or other city models, and step up their signage programs in the near future. The various appointed bicycle committees, and users, can help make this happen.

Membership Report for June

Bob Lindquist, Membership Director

The “New Members” and “Information Changes” sections of the monthly SLO Coaster Membership Report have been discontinued. To find current information, log in to the “Private Member Area” of our website and go to the “Directory” option. Select the “Updates” option (under the “Select Members” box) to access a list consisting of recent (30 days) updates to the directory. This list contains sections for “New Members” and for current member “Updates”.

Contact Bob at rlindquist1@mac.com

Logo Alternative 1



Logo Process

By Will Benedict

In January I asked the SLOBC Board to support a process that would bring logo alternatives to the membership as part of our 40th anniversary celebration.

With the Board's support, club members were asked to submit or suggest logo ideas. These were gathered together and presented the Board for feedback over the first four months of the year. Based on feedback, other variations were produced.

At its May meeting, the Board was presented with a set of alternatives. They identified four alternatives that would be voted on by club members attending the June 40th Anniversary Potluck. This vote would choose the design that will be included along with the existing logo on the annual ballot for a final vote by all club members.

The four alternatives are included in this newsletter to provide time for members to consider them in advance of the June Potluck. Each logo comes in a variety of forms that permit it to adapt to different uses, environments and audiences.

The existing logo will automatically be a choice on the November ballot.

The question at the June Potluck is which of these logos will be included on that ballot as an alternative.

Logo Alternative 2



Logo Alternative 3



Logo Alternative 4



San Luis Obispo Bicycle Club, Inc.
P.O. Box 1585
San Luis Obispo, CA 93406



PRESORTED STANDARD
US POSTAGE PAID
SAN LUIS MAILING SERVICE
93401

5/31/11

BOARD MEETING

5:00 P.M.

6/2/11

**GENERAL MEETING
& 40TH**

ANNIVERSARY

POTLUCK -

SOCIAL - 5:30 P.M.

Dinner - 6:00 P.M.

June Potluck

Celebrate the 40th anniversary of the club on June 2nd with a potluck at the San Luis Obispo Elks Lodge @ 222 Elks Lane. Socializing begins at 5:30 with dinner at 6 p.m..

The club will provide coffee and teas, plates and cutlery. Libations of can be purchased at the Elk' Club bar. Beer and wine is priced at \$3.50 to \$4.00 a glass and some wines are available by the bottle (Please do not bring any alcoholic beverages to the potluck). Come dressed in shirts, jerseys or other memorabilia from the era you joined the club.

For last names starting with the below letter, bring the dish that corresponds to it.

A thru G ---> bring main dish

H thru N ---> bring salad

O thru U ---> bring main dish

V thru Z ---> bring salad

The club will provide the 40th anniversary cake.

