

SLO Coaster

Promoting safe and legal bicycle riding for recreation and transportation

A Monthly Newsletter

November, 2011

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President's Message

by Robert Fuller Davis

Tony said he forgot the guacamole. That ruined it for me. Ever since he told me that he had six quarts of guacamole in his freezer and promised to bring one for the post-ride party in Parkfield, avocado dip had been on my mind. Now here we were, pedaling up Cholame Valley Road, hot, thirsty, dodging cow piles—and no guacamole in our future.

Tony Leap organized a ride from San Miguel to Parkfield in the spring of 2000. About a dozen club members participated and Gail Davis volunteered to drive the support vehicle. We spent the night at the Parkfield Inn, then rode back to San Miguel the next morning.

We met on a Saturday morning at the San Miguel mission and donated \$20 to the padre, in return for which he allowed us to park inside the fence. We represented an eclectic group of bicycling styles—a recumbent, three tandems and the rest of us on singles. We loaded Mrs Davis' van with support stuff—water, clothing and ice chests filled with picnic food for lunch in Shandon.

Springtime in the north county can be delightful—wildflowers and cool breezes and the smell of fresh green grass. Unfortunately, we missed that. We hit one



Rush Hour in Parkfield

of those 100-degree-plus days that surprises everyone except the locals. Even at 8am perspiration soaked our jerseys.

We crossed the Salinas River on River Road, then turned east on Estrella, riding through rolling farm land that had already turned yellow. Occasional short hills caused much gear shifting, groaning, tears, sweat and toil.

After intersecting Highway 46 at Whitley Gardens, we pedaled east, watching for trash and debris on the shoulder. Broken glass was not the only hazard—Liz Curren swerved to avoid a snake, coiled in slumber as he gathered rays from the mid-morning sun.

We took McMillan Canyon Road into Shandon where Mrs. Davis set up lunch in the park. I mentioned once or twice to Tony that the chips would taste better if they were dripping with guacamole.

The combination of food, exercise and heat induced feelings of lazy somnolence and a few of us stretched out on the tree-shaded grass for a nap before continuing.

Back on Highway 46 after lunch, we pedaled toward Cholame as cars and trucks whipped past at approximately the speed limit. Just beyond Jack Ranch Café, we turned onto Cholame Valley Road and left the busy highway behind.

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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 SLOBBC 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 newsletter-editor@slobc.org. Complete submittal guidelines are found on the club website. www.slobc.org/resources/support/newsletter-guidelines.html



SLOBBC 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.

Board of Directors

President	Robert Fuller Davis	president@slobc.org	805.772.0874
Vice President	Tom Roberts	vice-president@slobc.org	
Treasurer	Chris Broome	treasurer@slobc.org	805.772.5900
Secretary	Craig Armstrong	secretary@slobc.org	
Ride Coordinator	Jeff Kahn	ride-coordinator@slobc.org	
Membership Director	Robert Lindquist	membership@slobc.org	805-441-7063
Advocate	Dale Sutliff	advocate@slobc.org	805. 544.4034
Historian	Janie Goldenberg	historian@slobc.org	805. 544.4720
Newsletter Editor	Tim Long	newsletter-editor@slobc.org	
Safety Director	Ken Price	safety@slobc.org	805. 489.9779
Director-at-Large	Sandra Pitt	at-large@slobc.org	805. 489.0138
Past President	Frank Mullin	past-president@slobc.org	

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

Members only site: <http://www.slobc.net/membership>

2011 SLOB Ballot Preview

Voting this year will be accomplished by going to the Vote tab at the member site www.slobc.net/membership. You can review the ballot now but cannot yet vote. Voting will open November 1. Those who would rather vote using a paper ballot can request one by contacting Frank Mullin in writing prior to November 1, 2011 (past-president@slobc.org, or 728 Panorama Drive, Pismo Beach, CA 93449). Be sure to provide the name(s) of each member for whom ballots are requested. Paper ballots should only be requested by those who cannot access the online site as this is an added cost to the club in both money and time. You must sign the envelopes used to in your paper ballots. Those in unsigned envelopes will not be counted.

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

Amend Article VII, Section D.

- Purpose: To resolve an ambiguity in the bylaws (there may be no tie, and yet no candidate may get a majority of the ballots received).
- Amendment: Officers shall be elected by a majority of the ballots received. In the event of a tie **no one candidate received a majority of the ballots received**, a run-off election **of the top two candidates** shall be conducted at the same annual meeting, with those current members in attendance authorized to cast a ballot.

Minutes of the San Luis Obispo Bicycle Club General Meeting

San Luis Obispo Library Community Room

995 Palm Street, San Luis Obispo CA

Thursday, October 6, 2011 7:15 p.m.

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

VP Roberts thanked Clem Michel for serving as greeter and Marti Roberts, Chuck and Susan Atlee, Dan Rivoire, Eva Brown, and Janie Goldenberg for providing refreshments.

The minutes of the September 1, 2011 meeting were approved.

Chris Broome reported that the club's assets totaled \$184,245 and reviewed recent contributions made by SLOBC. A budget meeting will be held at Chris' house in Morro Bay on October 12th and club members are invited to participate (RSVP to Chris).

Dan Rivoire gave an update on recent coalition activities. The Coalition was involved in several events in Paso Robles and at local schools and provided bike racks for the Lighthouse lunch stop. Dan noted that a number of bike related events had been scheduled in October as part of rideshare month. Chris Broome has joined the Coalition board of directors.

Ken Price advised members to be aware of roadwork on Highway 1 and to inform him of any bike lanes needing repairs or maintenance.

Jeff Kahn stated that a ride from Santa Maria has been scheduled for October 22 as a replacement for the cancelled Indulgence Ride.

Dale Sutliff reported that he will be soliciting input regarding unmet cycling needs in SLO County. He also noted that the Governor had not yet acted on the proposed law requiring motorists to allow cyclists 3 feet of room when passing them.

Stu Goldenberg pointed out the display boards showing memorials established for former club members. SLOBC anniversary posters are still available for \$2.

Gary Havas noted that there are a number of open volunteer positions for the 2012 Wildflower.

Frank Mullin conducted an informal survey of attendees as to how they accessed the monthly newsletter (hard copy, public web site, or member web site).

Will Benedict reported on the results of the Wildflower jersey selection process. The second order of 40th anniversary jerseys should be available at the next meeting, and there are still some Lighthouse jerseys available for purchase.

Ann and Bruce Smith and Gil and Sandy Pitt gave a presentation on their week long multi-sport trip to the Dordogne region of France.

The meeting was adjourned at approximately 8:30 PM.

Minutes of the San Luis Obispo Bicycle Club Special Board Meeting

Thursday September 29, 2011

submitted by Craig Armstrong

Board members participating via email: Robert Fuller Davis, Tom Roberts, Chris Broome, Frank Mullin, Bob Lindquist, Dale Sutliff, Janie Goldenberg, Tim Long and Sandy Pitt. A quorum being available, Vice Pres. Roberts opened the meeting.

Vice President Roberts had contacted board members and advised that there were no compelling issues requiring that the board meet October 4, 2011. Following the appropriate motion, the board voted to cancel the regular October board meeting (msc:Davis/Broome).

Following the vote, the meeting was adjourned.

Lighthouse Letters

This is just a short "thank you" to you and all the people who put on this year's Lighthouse Century. I know it was a bit dicey weather, but as usual, everything about the ride was first rate. Year after year, I just can't believe how great this ride is. I missed the ride's first year, but did make it to the 2nd Lighthouse Century. Fresh from college, with a Raleigh International I had purchase 3 days before the ride, I broke in a Brooks saddle riding towards the lighthouse.

A million years later, it's still a great ride.

Ed Rockdale

Ridgecrest, CA

It was my first Lighthouse Century. Awesome ride! Awesome support! Awesome route! Very well organized. I will definitely be back next year.

Thanks again,
Roy Carroll

All:

A heartfelt thank you to the entire club. This was my first time doing the ride I have heard about for several years. My son (age 15) and I had a wonderful time. It was his first "big ride" and he is forever spoiled. Great food and great support staff.

Eric & Parker Lee

Fresno, CA

Hello,

I want to thank you for sponsoring a very good bicycle ride this past Saturday. I found the staff to be very helpful, friendly, and courteous. the courses were well marked and everything was great except the weather.

Also, I wanted to thank the vendor who ran the bicycle stand just outside of the lunch location, but did not know who they were. Could you tell me whom to contact?

Best regards

J Banks

President's Message from page 1

The sun beat down with an effect magnified by surrounding fields of baked brown grass and dirt. Faded riders pedaled listlessly under the wary stares of free-range cattle. We stopped wherever we found a patch of shade to refresh ourselves with cool water from Mrs. Davis' support vehicle.

The road rose into foothills as we approached Parkfield and irrigated green fields replaced the sere landscape we had been traversing. Tony pointed out the misalignment of the bridge crossing Cholame Creek that was caused by migrating tectonic plates miles beneath our wheels.

Parkfield, straddling the San Andreas fault, bills itself as the "Earthquake Capitol of the World—Be here when it happens." While the residents wait for it to happen, the east and west sides of town travel in opposite directions as the Pacific and North American plates slowly slip past each other.

We checked into the Parkfield Inn at the gift shop. (With a population of 37, the town does not have enough people to staff the hotel and the gift shop simultaneously.) After refreshing ourselves, we met in the lobby for hors d'oeuvres and libations (no guacamole—did I mention that Tony forgot to bring it?), then walked across the street to the café for dinner.

Next morning we got an early start to beat the heat and headed north on Vineyard Canyon Road. Three miles out of town, just past the Imusdale Cemetery, we began the Climb, 1,000 feet in a mile and a half. Riders on the back of the tandems kept cool by squeezing water bottles on themselves and their partners. Thirty minutes of gasping labor took us to the summit, where we stopped for a moment to raise our arms in triumph and catch our breath.

The next fifteen miles were glorious downhill riding through a scenic canyon of cows and creeks and windmills pumping water. Traffic was light and the breeze we generated cooled us.

Near the Salinas River, we turned left on Indian Valley, then right on River Road and returned to San Miguel and the mission.

It was lunchtime and Tony suggested Mexican food in Paso Robles—he said he knew a place that served killer guacamole.

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).

Andreini's (AG). 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 (602-2058).

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 - 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 (9:00 AM) - Atascadero Ramblers (C-4).

Atascadero Zoo. Distance: 40-45 miles. Destinations: Santa Margarita,

Atascadero and Templeton for the mid-ride coffee stop. Current route sheets / maps available (none provided at the start) the day prior to a ride directly via the Ramblers Facebook page (Facebook membership not required) Led by Mike Duffy (meahal@sbcglobal.net).

Monday (9:00 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.

Wednesday - 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 (9:00 AM) - Templeton Ramblers (C-4).

Templeton Park. Distance: 40-45 miles. Destinations: Templeton, Creston, Paso Robles and San Miguel for the mid-ride coffee stop. Current route sheets / maps available (none provided at the start) the day prior to a ride directly via the Ramblers Facebook page (Facebook membership not required) Led by Mike Duffy (meahal@sbcglobal.net).

Wednesday (9:00 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 - 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 (9:00 AM) - Paso Robles Ramblers (C-4).

Marriot Courtyard Hotel. Distance: 40-45 miles. Destinations: Templeton, Creston, Paso Robles and San Miguel for the mid-ride coffee stop. Current route sheets / maps available (none provided at the start) the day prior to a ride directly via the Ramblers Facebook page (Facebook membership not required) Led by Mike Duffy (meahal@sbcglobal.net).

Friday (9:00 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 (9:00 AM) - Huasna Valley Ride (C-2).

Sixteenth Street Park (GB). Ride to Huasna and back, about 40 miles and 1700 feet of climbing. Led by Long Nguyen (481-1688).

Saturday (10:00 AM) - King City Hillbillies (B-3/4).

Starbucks (King City). Distances 30 to 50 miles. Destinations: Mountains to left of us, mountains to the right of us, or runs down the valley to San Ardo and other cultural attractions. Water and snacks are available at Starbucks. Led by Chuck Krause or Ralph Lee (ralphlee@redshift.com).

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 (9:00 AM) - Wanderers (B-3).

Variable. This ride 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.

- 2 Bob Jones Trail Head. Led by Steve Vines (202-8114).
- 9 French Park (SLO). Led by Bill Goodger (782-9197).
- 16 Santa Margarita Park. Led by Glenn Vanderlinde (466-4221).
- 23 State Park Marina (MB). Led by Russ Robinson (781-0903).
- 30 French Park (SLO). Led by Doug Seideewitz (410-337-2233).

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

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

- 2 Templeton Park. Led by Dale Sutliff (544-4034).
- 9 Bandstand (AG). Led by Sandy Pitt (489-0138).
- 16 Bob Jones Trail Head. Led by Frank Mullin (602-2058).
- 23 Bandstand (AG). Led by Craig Armstrong (619-7023).
- 30 French Park (SLO). Led by Judie Prock (541-6299).

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

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

- 2 Templeton Park. Head to Paso with a stop at Sculpterra Winery to see gardens and sculptures. Coffee in Paso. About 29 miles. Led by Genie Seagrave-Smith (434-0514).

- 9 Islay Park (SLO). Ride to Arroyo Grande via Orcutt Road, then return via the coast route. Led by Stu & Janie Goldenberg (544-4720).
- 16 Shamel Park (Cambria). Ride to the Elephant seals with coffee in San Simeon. Led by Peggy Coon (904-6050).
- 23 Bob Jones Trail Head.
- 30 Hardie Park (Cayucos). Ride to Cambria for coffee and 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.

- 4 Sutliff House. Do a SLO meander with a Potluck following. Bring a salad to share. Sharon will supply soup, bread, drinks and dessert. Led by Sharon Sutliff (544-4034).
- 11 Bob Jones Trail Head. Ride the Avila Valley area. Led by Heulan and Eva Brown (595-2167).
- 18 Nazarene Church (BP). Ride around Los Osos and Baywood Park. Help celebrate Hans's birthday at Carlocks. Led by Patricia Boerst (534-9660).

Saturday, November 5 - Wandering with Will (B-3).

Justin Winery Ride (Nacimtento Lake, Chimney Rock, Cypress Mt., Klau Mine, Adelaida) About 37 miles with 3000 feet of climbing. Ride into the countryside averaging about 12 mph.

We 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 of each month (Rain Cancels) Contact Will Benedict (544-3504) for more information.

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

Andreini's (AG)

Take 101 to Arroyo Grande, exit Grand exit, left 0.3 miles to Andreini's on left. Park in lot to the right.

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.

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).

Hardie Park (Cayucos)

Take 101 to Highway 1. Go west (through Morro Bay) 19 miles to Cayucos Drive. Go west 0.2 miles to Birch, right to park.

Islay Park (SLO)

Take 101 to Los Osos Valley Road. East 0.5 mile to Higuera, left 0.4 mile to Tank Farm Rd, right 2.8 miles to park (on right).

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.

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.

Shamel Park (Cambria)

Take 101 to Highway 1 and go north to Cambria. At the north end of town, turn left at Windsor Rd. The park is 0.3 miles down the road.

Sixteenth Street Park (GB)

Going southbound on 101 to Pismo Beach, take Oak Park exit, left on El Camino Real for 0.3 miles, right on Oak Park for 1.1 miles, right on Mentone and then into park on left.

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).

Starbucks (King City)

Take 101 north to King City. Take the Broadway off ramp and turn left under the 101 Freeway overpass on to Broadway Circle. Starbucks will be immediately on your left with ample parking.

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.

Sutliff House

Contact the Sutliff's for directions.

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.

Is The Magic Gone?

“Every so often, I’ll ride a recreational group ride. I love the camaraderie of cyclists, the talk, the last minute pumps of air, the clicking in, and the easy drifting out as a peloton. “I miss riding in a group,” I’ll think to myself.

The magic ends by mile 10....”

From a blog “Lost art of the group ride.” by *Peter Wilborn* printed in the ***Carolina Cycling News***.

This article is well worth reading. Check out the comments after the article

<http://carolinacyclingnews.com/2011/09/01/lost-art-of-the-group-ride/comment-page-6/#comment-1437>

Are We Riding Safely?

By Stu Goldenberg



Nearly the only time I find myself in the front of the pack while cycling is when I am leading a ride. Therefore I find that I am following some or many of the others that are cycling with us. This gives me a good opportunity to observe other cyclists. What I see isn't always good.

On a recent ride, I was very satisfied with the group cycling in a single file line. A long, straight line of cyclists can be a beautiful thing. On this particular ride, this beautiful, long single file line had its dark side. Perhaps the person leading the pack misread the sign along the roadside as BIKE LINE instead of BIKE LANE. Many of the others followed directly behind. Must be they also read the sign as BIKE LINE.

I doubt that the riders realized that by hugging that six inch line that some of their bicycle and body parts were into the next lane. I would like to point out that shoulders, butts, and handlebars stick out beyond what you see directly ahead of you, much like those side view mirrors on recreational vehicles. By hugging the line, passing vehicles are forced to move partially into the next lane to their left. What if that lane is already occupied?

Why Start Cycling and Join a Cycling Club

submitted by Jeffrey Brown

Admittedly I have not seriously put my feet and seat on a bicycle for many, many years. I regularly rode my faithful 10 speed *Puch Bergermeister* through my early teens, but once I got my driver's license my old ride started to gather dust. Then for a time in the 80's I rode a "Strand Cruiser" whilst living in Hermosa Beach, mostly to efficiently and safely get to a Happy Hour Buffet. Life progressed, time got compressed, and well you know the rest.

Now I find myself getting poked in the chest by my M.D. saying (fill in the blanks here) and looking in the mirror saying to myself, yup..... So as many of us have done I have reflected on my youth and thought I enjoyed it then, why can't I enjoy it again? I decided to build cycling into a fitness program that is anchored on three points; increased fitness, social interaction and my minimal contribution to the reduction of my personal carbon footprint by occasionally riding a bicycle instead of driving a car.

Cycling has been on the upswing as of late, in fact it is back "in vogue". The increasing popularity of cycling is due in part to modern equipment available, the internet where one can do a lot of research and the widespread broadcast of cycling events like the Tour de France featuring American riders. To join the movement I needed to find a new bicycle and immediately became overwhelmed with the choices. Compact cranks, carbon fiber forks, carbon fiber v. aluminum v. steel; road-hybrid-comfort-trike-recumbent-fixies.... Phewwww! Being hit hard by the recent recession a selection from a LBS was out of reach, enter Craigslist. After researching different manufacturers, models and test riding some at a LBS (I know, I know, not fair...) I settled on a model and purchased one at a reasonable price. A trip back to my LBS, tune-up, seat

adjustment and off I went; winds whistling through the spokes, all my excuses have vanished and now it is up to me. I pondered where should I ride? Are there other folks I can ride with? Should I join a cycling club? I headed back to the Internet to do some research.

Joining SLOBC was easy enough, a few keystrokes, fill in the PDF, arrange for payment and I was part of a group of *cyclists*! The membership fee was nominal and the club only asks for a small level of commitment and participation. I attended my first General Meeting where I was warmly welcomed, meeting many of the members and put myself at ease that I had made the right choice of joining a cycling club. During the General Meeting I found that organized events are run by a group of hearty volunteers signing up on a variety of well worn clipboards. I also learned that The Club offers regularly scheduled rides throughout the week with a wide variety of skill levels. Knowing that I had to start someplace I decided to take advantage of an organized ride to answer one of my questions; where should I ride?

On a cool Wednesday morning I met up with the *SLOpokes* for my first organized ride. Feeling a little out of place with my flat-bar hybrid and its comfy seat amongst a contingency of sexy road bikes, swoopy and full of carbon fiber oozing speed and confidence, I stepped forward, put out my hand and introduced myself to the group. Introductions all around, welcomed warmly and was put at ease that everyone is welcome to ride. Off we went rolling along LOVR passing pastures, farms and rolling hills at a pace I could actually keep up with; by Jove I too may become a cyclist! Feeling more and more confident in my abilities we rolled along until reality set in that I was not yet a cyclist, when on a small hill that I was huffing and puffing up at a snail's pace I was briskly passed by a woman

in her 80's who quickly became my new hero. In the space of a morning, a few hills and rolling scenery I was eager to join another ride and earn the right to become a cyclist.

To reach my goal of becoming a bit more fit and have to opportunity to breeze past some wanna-be cyclist in MY 80's I am planning some cycling sessions as part of a coherent fitness plan. First I have to work on strength and endurance. Looking on the SLOBC website there are dozens of routes described in great detail, giving length, gradient, and a general route to follow. It looks to me that it will be a while before I join a group that attacks the steepest gradients possible at a high rate of speed. Instead, it will be a slow and steady route that allows me to have some short sprints with a few hills, a stretch to pick up some speed and an area to do a cool down ride. This combined with other rides should help me on my way to becoming a bit more fit. Hopefully by the next time I visit my M.D. I won't be in for a poke in the chest and lecture!

For anyone new to cycling there are a thousand unanswered questions, hundreds alone concern the bicycle itself and many more regarding what to wear, where to ride, fitness training, nutrition and where to begin answering these questions. Cycling is as much about the acquisition of knowledge as it is about turning the pedals. I have found that The Club is a mine of information waiting to be plundered. Years of experience waiting to be shared and answers to the most basic of questions eagerly offered; the joys of cycling are intertwined with the joys of learning. There are some folks who choose to fly solo, but for such a small commitment membership in SLOBC has so much to offer in return.

Next: *Pain is a sign of weakness leaving the body*; oh boy I can hardly wait.....

Pedaling Through the Past

by Janie Goldenberg, Historian

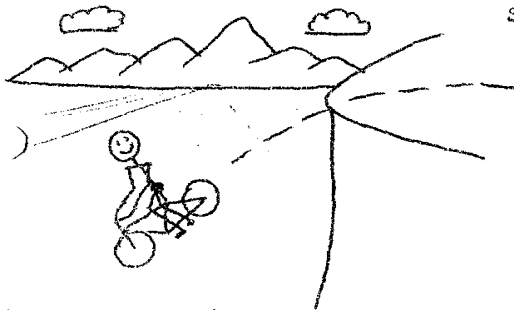
Forty years ago, November 1971, the following editorial appeared in the newsletter for the San Luis Obispo Bicycle club. It was the 4th newsletter. The founder of the club, Larry Souza, was also the editor. It sounds like it could have been written for this Newsletter in 2011!

Short Official Editorial

As a member of the SLO Bicycle Club, not only do we have opportunity for fun and comradeship, but we have the responsibility to be a good example to other citizens. That includes both auto drivers and cyclists. Bicycle manners in our community, by and large, is in a sorry mess. One concerned citizen bent my ear on the phone for 1/2 an hour, because he, an auto driver, couldn't believe what fools most cyclists are. He was sincere in what he told me. What he meant was that he was afraid for many cyclists limbs and lives.

So my friends, think twice before sliding through that stop sign or red light. I know it's tempting, but think of the example you are setting. A driver will say, "Look at that. Another crazy biker who thinks he owns the town after they got the bike racks!"

Do your utmost in promoting bicycling. That is ...THE RIGHT KIND, THE SAFE KIND.



Sincerely,

Larry J. Souza

Larry J. Souza Sr., President
1319 Kentwood Drive
San Luis Obispo, CA 93401
544-3525

Club Members compete at World Senior Games

by Gail Vanderlinde

Glenn finally got his 15 year ring, for competing in the Huntsman World Senior Games for 15 years. 2011 was my 13th year to compete at the H.W.S.G. in St. George, Utah.

I did win four gold medals in the four cycling events that I competed in this Oct, 2011. I had three ladies to compete against. Glenn had 6 guys in his group for his four competitions this year. Glenn won 1 gold medal, 2 silver medals, and 1 bronze medal. He missed winning the Overall Jersey by one point. I easily won the Overall Jersey in my category.

Ken Carmen, of Paso Robles, won the Overall Jersey in his category (Men 70-74 years) and **Kevin Matherly** won several ribbons in his category (Men 55-59 years.)



The Vanderlindes display their medals



SLOBC December Potluck with International Food

Potluck Chair Sandy Pitt

This year's December 2nd potluck will be held at The Monday Club in San Luis Obispo. It worked so well last year, but try a new and different dish this year..... Do your darndest to bring an international dish that fits your category (Asia/ India/ China **or** Europe **or** Middle East/ Africa **or** Americas **or** Indonesia/Japan / Pacific Isles). Make a little name placard to put with your dish so we know it's name at country of origin.

The potluck continues our goal of celebrating with minimal environmental impact. Everyone is expected to bring what they need and take it home. As part of this we will function as a committee of the whole with everyone that attends helping with setup and cleanup.

Given that this is our holiday celebration, the challenge is to bring something to create a festive table setting with your fellow diners. The three most festive tables will be the first three to get their food. The potluck will start at 6:00pm. Setup will begin at about 5:30pm. If you can come early and help setup tables and chairs it would be great.

Date & Time

December 1st, 2011
6:00 to 8:00 pm



Location

The Monday Club
1815 Monterey St.
San Luis Obispo, CA

Food Assignments to Bring

A thru G: Dessert (from any of the 5 area categories)

H thru L: Salads / Soups (from any of the 5 area categories)

M thru Z: Main Course as follows:

M N O Y --- selects from Asia/ India/ China;

P Q R Z --- gets to try Europe;

S T --- has fun with Middle East/ Africa dishes;

U V --- grabs a recipe from the Americas to share;

W X --- plays with Indonesia/ Japan/ Pacific Isles

Soft drinks, coffee and tea will be provided by the club. The club will also provide bowls (for the soups, chili, etc.).

Other Things To Bring

Plate

Cup/Glass

Dessert Plate (or use your dinner plate)

Fork & Spoon

2012 Wildflower Jersey Vote

By Will Benedict, Clothing Coordinator

The voting for the 2012 Wildflower jersey occurred at the Lighthouse Volunteer Brunch. This was the first time we used the new voting process described below. As expected, with six choices it took two rounds to select the design. The vote tally is shown to the right of each alternative. A gray box indicates the selected design by Will Benedict.

Voting Process

Vote for one of the alternatives shown on the ballot by placing an "X" in the corresponding box.

If one alternative receives 50% or more of the vote, that alternative will be selected.

If no alternative receives 50% or more of the vote, the two concepts receiving the most votes will be entered in a runoff.

The runoff will occur at the same gathering as the vote.

The alternative receiving 50% plus 1 or more of the votes in the runoff will be the selected design.

Designers

The following members submitted designs listed from top to bottom in the same order as the images.

Sue & Mark Lyon

Will Benedict

Will Benedict

Will Benedict

Mike Curren

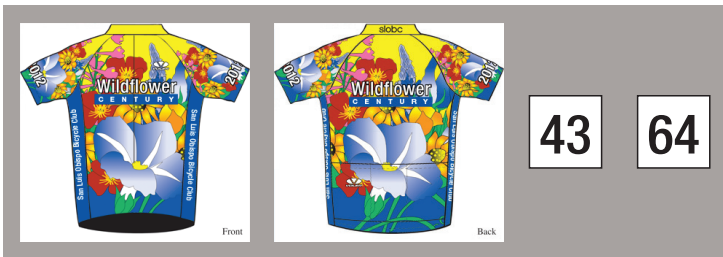
Will Benedict



11



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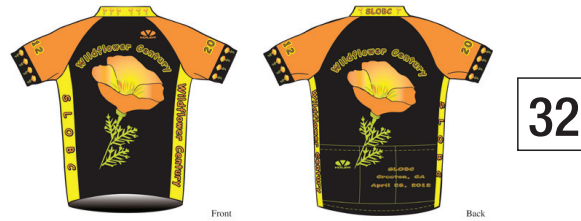


43

64



14



32

60



8

Advocate's Report

By Dale Sutliff

Each year we have an opportunity to identify key needs to improve and encourage bicycling in San Luis Obispo County. It is time to do it again for 2012.

A format change: The way unmet bicycle and pedestrian needs are reported to the San Luis Obispo Council of Governments (SLOCOG) will be changed this time around. **We will separate purely maintenance and safety projects from new projects, or programs.**

This change will better enable requests to be more efficiently directed to those jurisdictions responsible for the improvements, and reduce some repetition of unmet needs in the submittals. For example, if you see a need for pavement repair, or a hazard that exists as part of a street or road that endangers bicyclists, or pedestrians, these are maintenance or safety projects, and will be submitted directly to the operations authority responsible for the particular location.

If an unmet need is a request for a new bike lane, a supporting facility like bike racks, signs, benches, or a need for a bicycle related program such as bike education, etc., these are new projects and will be submitted in the usual manner to SLOCOG for analysis and distribution to the appropriate jurisdictions.

The SLOLBC report on unmet bicycling needs will be submitted in early January. Therefore, **please submit your unmet needs requests to me by December 17, at the latest. And please identify whether your request is a Maintenance or Safety related project, or is a New Project or Program.** Submit your requests to: dsutliff@calpoly.edu. I will share the report with our members once it is completed.

In December's *SLOCoaster* I will present a list of projects in SLO County that have been completed in the past year, or that are in the "pipeline" for completion in the near future.

It is our continued advocacy that helps move unmet needs to completion. Thank you for your participation in this important endeavor.

Membership Report for November

Bob Lindquist, Membership Director

Quarterly Membership Data

As of October 10, we have the following membership participation in SLOBC as determined from the online membership database.

Number of Memberships: 470

Total Number of Members: 623

RENEW, RENEW, RENEW FOR 2012 !

All memberships expire on December 31 of any given year ...so if your membership is for 2011, it will expire on December 31, 2011. Your expiration date is listed:

- (1) on the first line of the address label, printed version of the monthly SLO Coaster, and
- (2) in your membership file on the SLOBC website.

TO RENEW:

- (1) ONLINE at the SLOBC website (www.slobc.org). Log into the "Members Only" site (password required) to update your information and pay either electronically (PayPal) or send your check to:

SLOBC c/o Bob Lindquist, 925 Bassi Dr.,
San Luis Obispo, CA 93405

(2) PRINTED FORMS – available at:

- Club meetings
- Print form from the SLOBC website: <http://www.slobc.org/membership/support/membership-form.htm>.
- Contact me and I will send you a printed form. Bob Lindquist phone: 441-7063, email: mlindquist1@mac.com
- Send in a check with your printed form to the above address.

UPDATING YOUR INFORMATION - You can update your personal and contact information on your website at any time if you are an active member. Alternatively, you can send me any changes in your information and I will put them in your personal file.

Contact Bob at mlindquist1@mac.com

The Evolution of the Aerodynamic Helmet

By Stu Goldenberg

Recently several of us cycled over Prefumo Canyon as part of a SLO Pokes ride. It wasn't the intended ride, but once some of us got part way up, one crazy person said, "Let's go all the way over the top and meet the others in Avila." Much to my surprise, others joined. Of course, Janie had little choice as the tandem stoker. Julie Jarvis seems to be game to try anything, especially after riding her first century. Martin Howell didn't want to be left out so he rounded out the foursome.

It was cool and overcast at the bottom and continued to be so for nearly two-thirds of the climb. After that it was sunny and warm, perhaps even hot. I have ridden up long hot roads before with others and know how they sometimes need some encouragement. Of course I have an appropriate comic regarding this exact situation although it was actually drawn to represent my daughter and myself climbing out of Pfeiffer Big Sur on a tour along the coast.

I did mention that it was warm to hot. I do have a comic for that which was actually drawn based on an experience of cycling over Prefumo Canyon with a colleague. She complained that it was hot, that she wanted to rest, and then she wanted some shade. The comic says it all.



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



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93401

11/1/11

BOARD MEETING

5:00 P.M.

11/3/11

GENERAL MEETING

7:15 P.M.

November presentation:

Vickie Backman will share her experiences in the 17th Edition of the Paris-Brest-Paris randonneur.